

# Caswell County Senior Center

## Calendar of Events

The mission of the Caswell Senior Center is to enrich the lives of Caswell Senior Adults by responding to their diverse needs and interests, thereby promoting and improving their well-being.

### August 2006

Note: For additional information or questions please call Caswell Senior Center at (336) 694-7447.

DAY	DATE	TIME	EVENT
Tuesday	Aug 1	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:00 am	Legal Time with Attorney Diane Brady. Call 1-800-951-2257 to schedule an appointment.
		10:30 am	Senior Center Golden Friends. Game Day with Rook, Dominoes, checkers and puzzles. Lunch follows. Reservations required.
Wednesday	Aug 2	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
			Day trip for Peaches. A Visit to a Peach Farm and see other sites in the Sandhills area. There is a \$5.00 transportation fee. Reservations are required.
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. New Library books and storytime with Louise Bendall from Gunn Memorial Library. Puzzles and Dominoes are also available. Lunch follows. Reservations required.
		12:30 PM	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer

<b>Thursday</b>	<b>Aug 3</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9 am – 10 am</b>	<b>Exercise Class. Cheryl Swiney, instructor</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.</b>
		<b>10 am – 12 noon</b>	<b>Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.</b>
		<b>1 pm – 3 pm</b>	<b>Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.</b>
		<b>7:00 pm</b>	<b>Rook Night – Join us in the Senior Center Activity Room for a friendly game.</b>
<b>Friday</b>	<b>Aug 4</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Bulletin Board Trivia and The Year Was 1975. Lunch follows the program. Reservations required.</b>
<b>Monday</b>	<b>Aug 7</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9 am – 10 am</b>	<b>Exercise Class. Cheryl Swiney, instructor</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends Wal-Mart Shopping trip. Departing from the Senior Center at 9:30 am and returning at 12:00 Noon. Games and Rook are available in the activity room. Lunch follows. Reservations required.</b>
		<b>5:15 pm – 6:15 pm</b>	<b>Exercise Time led by Donna Pointer</b>
<b>Tuesday</b>	<b>Aug 8</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9 am</b>	<b>Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director</b>
		<b>9 am</b>	<b>Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00 Lessons are also available by calling the Senior Center.</b>
		<b>10:30 am</b>	<b>Senior Center Golden Friends. Game Day with Rook, Dominoes, Checkers, Word Puzzles are available. Lunch follows. Reservations required.</b>
<b>Wednesday</b>	<b>Aug 9</b>	<b>8 am – 5 pm</b>	<b>Fitness Room Open</b>
		<b>8 am – 5 pm</b>	<b>Computer Room Open</b>
		<b>9:30 am</b>	<b>Bowling Time at Reidsville Lanes. Travel from</b>

			Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. Lorraine Snyder will present a program on Massage and Healing Touch. Rook and Games will also be available as well. Lunch follows the program. Reservations required.
		12:30 pm	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Thursday	Aug 10	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
			Day Trip to Shatley Springs, NC. Visit the Shatley Springs Inn for lunch (approx. \$8.00) and visit other area attractions. There is an \$8.00 transportation fee. Reservations required. Call Carrie King at 694-7447 for availability of seats.
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
Friday	Aug 11	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends. Medical Alert: Visual Concerns by Lorraine Snyder. Puzzles will be available as well. Lunch follows the program. Reservations required.
Monday	Aug 14	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am –	Hearing Checks by Dr. George Zenker. The tests

		12:30 pm	are free but appointments are required. Call Carrie King at 694-7447 to schedule an appointment.
		10:30 am	Senior Center Golden Friends. Free Blood Pressure screenings by Bayada Nurses. August Birthday Party with refreshments and Birthday Bingo! Lunch follows the program. Reservations required.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
<b>Tuesday</b>	<b>Aug 15</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am	Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director
		9 am	Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00 Lessons are also available by calling the Senior Center.
		10:30 am	Senior Center Golden Friends. It's Game Day in the Activity Room with Rook, Dominoes, Checkers and Puzzles! Lunch follows. Reservations required.
		6:00 pm	Take Me Out To The Ballgame! Danville Braves vs. Kingsport Mets at Dan Daniel Park in Danville, VA. Cost is \$3.50 per person. We will leave from the Senior Center at 6:00 pm. Reservations due by August 7. Please pay when reservation is made.
<b>Wednesday</b>	<b>Aug 16</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. Play The Sock Game and win a prize! Games and Puzzles are available as well. Lunch follows the fun. Reservations required.
		12:30 pm	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
<b>Thursday</b>	<b>Aug 17</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open

		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
		7:00 pm	Rook Night – Join us in the Senior Center Activity Room for a friendly game.
Friday	Aug 18	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends. The program will celebrate National Picnic Month with word games. We will also explore Italy. Lunch follows the program. Reservations required.
Monday	Aug 21	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10:30 am	Senior Center Golden Friends. Reminiscent Corner. Volleyball: The History of the Game! Lunch follows the program. Reservations required.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Tuesday	Aug 22	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am	Choir Practice for Caswell Senior Clef Singers. Richard Winfield, Choir Director
		9 am	Senior Golf Time At Caswell Pines Golf Course Play 9 holes for \$12.00 Lessons are also available by calling the Senior Center.
		10:30 am	Senior Center Golden Friends. It's Game Day in the Activity Room! Lunch follows. Reservations required.
		6 pm	Caregiver Support Program Meeting – meets on the 4 <sup>th</sup> Tuesday of each month in the activity room of the senior center. Jeannine Everidge is the Program Coordinator.
Wednesday	Aug 23	8 am – 5 pm	Fitness Room Open

		8 am – 5 pm	Computer Room Open
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. Enjoy creative musings and storytime by Lorraine Snyder. Games will be made available as well. Lunch follows the program. Reservations required.
		12:30 pm	Computer Time with Helen Winfield, PCC Life Enrichment Instructor. The instructor is available for assistance those enrolled in Computer Time.
		12:30 pm	Scrapbooking Class with Heidi Hegeman, instructor.
		3 pm	Ceramics Class, Helen Winfield, PCC Life Enrichment Instructor. Instructor furnishes supplies and equipment with cost determined by project chosen by student.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
Thursday	Aug 24	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.
		1 pm – 3 pm	Crochet Club, Betty Blackwell, PCC Life Enrichment Instructor. Students bring crochet needles and yarn for individual projects.
Friday	Aug 25	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends Wal-Mart Shopping trip. Departing from the Senior Center at 9:30 am and returning at 12:00 Noon. Games and Rook are available in the activity room. Lunch follows. Reservations required.
Monday	Aug 28	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9 am – 10 am	Exercise Class. Cheryl Swiney, instructor
		10:30 am	Senior Center Golden Friends. Medical Alert: Visual Concerns by Lorraine Snyder. Puzzles will

			be available as well. Lunch follows the program. Reservations required.
		5:15 pm – 6:15 pm	Exercise Time led by Donna Pointer
		5:30 pm	Take Me Out To The Ball Game! Seniors will leave from the Senior Center at 5:30 pm and travel by CDOT bus to watch the Danville Braves vs. the Burlington Indians. The cost is \$5.00, due by August 21. Please pay when the reservation is made.
<b>Tuesday</b>	<b>Aug 29</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10:30 am	Senior Center Golden Friends. Medical Alert: Visual Concerns by Lorraine Snyder. Lunch follows the program. Reservations required.
		6:30 PM	Alaska Cruise Q & A Meeting. Donna Pointer answers your questions about the Alaska Cruise. This meeting is for those who have signed up to take the cruise in June 2007. Senior Center Activity Room.
<b>Wednesday</b>	<b>Aug 30</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		9:00 am	Basket Class – features the “Country Lace” basket for \$25.00 per person. Jane Bradsher is the instructor. Registration is required. Call Carrie King at 694-7447 to register for this class.
		9:30 am	Bowling Time at Reidsville Lanes. Travel from Senior Center on a CDOT bus, leaving at 9:30 am and returning around 1 pm. Bowl two games. Cost for seniors is \$1.30.
		10:30 am	Senior Center Golden Friends. It’s Game Day in the Acitvity Room. Lunch follows. Reservations required.
<b>Thursday</b>	<b>Aug 31</b>	8 am – 5 pm	Fitness Room Open
		8 am – 5 pm	Computer Room Open
		10 am – 12 noon	Craft Class, Betty Blackwell, PCC Life Enrichment Instructor. Supplies and instruction are furnished. No charge.
		10:30 am	Senior Center Golden Friends. Rook and Dominoes are available. Lunch follows. Reservations required.

